



From the Cookbook
"More Down to Earth
Jamaican Cooking"

By: Laurice De Gale

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excellent cookbook, please call
(416) 267-6081

JAMAICAN SWEET POTATO PONE

Do not use a food processor or the
shredder side of a grater to grate
potatoes and coco, the food

Processor will make the mixture
too watery and the shredder will
make it coarse in texture.

1/4 cup flour
1/4 cup cornmeal
1 teaspoon baking powder
1/4 teaspoon salt
*2 lbs. sweet potatoes, peeled,
washed, grated*
1 coco, peeled, washed, grated
*1/2 cup raisins or currants
(optional)*
1 tablespoon butter
3-1/2 cups coconut milk
1-1/2 cups brown sugar
1 teaspoon vanilla
1/4 teaspoon grated nutmeg
1 teaspoon freshly grated ginger
1/4 cup red wine (optional)

Preheat oven to 350°F. Sieve
together the flour, cornmeal, baking
powder, and salt. Combine the
grated potatoes, coco, raisins or
currants and the butter with the dry
ingredients. In another container,
mix together the sugar, coconut
milk, vanilla, nutmeg, ginger, and
wine. Stir until the sugar is
dissolved. Pour the coconut liquid
into the potato mixture. Stir until
the ingredients are smooth. Pour
into a greased baking pan or oven-
proof dish. Bake in the preheated
oven for 1 hour and 20 minutes.
Insert a knife in the middle of the
pudding, if the knife comes out
clean, the pudding is done. Cool
before serving. Serves 12.

UPCOMING EVENTS

EVENT	DATE	TIME	LOCATION
Youth Career Fair	Wednesday, February 6	1:00 4:00 pm	JCA Centre
Boonoonoonoos Brunch	Sunday, February 10	1:00 pm	JCA Centre
Reparation Meeting 'IMPACT OF RACISM IN HEALTH/LIFE EXPECTANCY	Friday, February 15	7:00 pm	JCA Centre
Black History Month Special	Friday, February 22	10:00 am	JCA Centre
QUARTERLY MEMBERSHIP MEETING	Sunday, February 24	2:00 pm	JCA Centre
Car Raffle Launch	Friday, March 1	8:00 pm	JCA Centre
INTERNATIONAL Women Day Celebration	Thursday, March 7	6:30 pm	JCA Centre
WOMEN'S COMMITTEE 'ROUND TABLE' Discussion	Friday, April 5th	6:30 pm	JCA Centre
VOLUNTEER/MEMBERSHIP Appreciation Evening	Saturday, April 20	6:00 - 10:00 pm	JCA Centre
Annual Walkathon	Sunday, May 5	TBA	JCA Centre
MOTHER'S DAY Brunch	Sunday May 12	2:00 p.m.	JCA Centre

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